

How To Protect Yourself Against Ticks

Tick Bite Prevention is the best way to avoid disease!

Concerned about tick bites?

There are many steps that you can take to avoid a tick bite. Several years ago, I moved into a heavily infested area. I had to learn quickly how to avoid tick bites. You can, too! Here are my best tips, based on research and my own experience.

1) Physical Awareness

During the main tick season and when I am active outdoors, I program myself for physical awareness. If I feel a tickle or need to scratch, I investigate. I check, I take a look.

2) Proper Clothing

When gardening and dealing with brush, I wear my a "tick proof outfit." Yes, all summer long! Everything is light col-

oured. Most of it is white.

In the order I put them on: T-shirt, tucked into full length pants, dress shirt or long sleeved shirt, long sports socks, pants tucked inside, Straw hat for shade, rubber boots.

3) Clothing Security

I wear tick proof clothing outdoors. I wear comfortable light coloured summer dresses indoors. In order to prevent ticks getting in the house, I don't mix these. If I come indoors while taking a gardening break, I check myself in the mirror for ticks, then I get my drink. I don't generally sit down on the furniture, as that would give a tick a chance to get inside.

When I take my tick proof clothing off, I check it for ticks. Then, I leave it by the door overnight. If there are any

ticks on it, they will generally climb to the top of the pile to look for a host. I use my carpenter's square to knock them to the concrete floor and then crush them with my hammer.

If you have dark floors or walls, or you are camping, you could put your clothing in a white bin so you can see any ticks trying to climb up.

4) Tick Checks are Key

I live alone, but nightly tick checks are still a must. I use a full length mirror and a hand mirror to ensure a good job. I brush my hair upside down and check the floor for ticks.

"Ticks prefer to attach in areas that are dark and warm, so special attention should be given to your groin, bellybutton, under the breasts and the nape of your neck." (from Don't Get Ticked NY)



EASY: Can you spot the tick on this white shirt?



HARD: Can you spot the tick on this green shirt?



Useful equipment to check for and kill ticks

HOW TO Highlights:

- Aim to avoid tick bites to prevent disease.
- Tick-proof clothing is your friend.
- Do a tick check once daily or more to prevent bites.
- Learn tick behavior and habitats to improve your tick prevention plan.

Now that you know....what's next?

More Tick Tips

- Ticks love wet environments. For this reason, it is better to put your outdoor clothing in the DRYER first to kill the ticks, before you wash it.
- Black legged ticks have an instinct to climb to between

adult knee and waist height to seek hosts. Keep an eye out!

- It may only be minutes to hours after a tick bites for disease to be passed to you. Try to avoid bites, if possible.
- Other tick bite prevention tools include chemical sprays

and ultrasonic devices.

-Don't Get Ticked NY is a great site with many tips and info on tick checks: <https://nysipm.cornell.edu/whats-bugging-you/ticks/>

Or put "what's bugging you ticks ny" in your search engine.